

7TH STREET NEWSLETTER

DECEMBER 2011

Beating Holiday Blues

Stay Active Over the Holiday Season

Getting enough exercise, oxygen, and fresh air may help lift the holiday blues. Take your kids, nieces, or nephews to the park. Feeling good is easier when you're active and breathing deeply.

Start New Christmas Traditions

If you've lost someone you love and this is the first Christmas without them, let yourself grieve naturally. Christmas depression or holiday blues is a normal way to feel – as long as it doesn't last for months afterward. Starting new

Be Aware of Your Family's Dynamics

Be aware of how your family and friends affect you. To survive Christmas depression, find ways to shorten or eliminate experiences that make you feel bad.

Don't Swallow the Hollywood Hype

Don't fall into the trap of trying to be perfect or feel ecstatically happy.

Get Professional Help With Severe Depression

If you're really struggling emotionally, and you know it's more than a mild case of the holiday blues, then get help.

Flu Shots Still Available!

Contact Public Health
578-2500

HOLIDAY HOURS

Dec. 24 Open 11-7 p.m.

Dec. 25 Closed

Dec. 26 Closed

Dec. 31 Open 11-7

Jan. 1 Closed

FREE Coffee, Snacks & Christmas Health & Safety Info Session

Sunday, Dec. 4th 2 - 4 pm

7th St. Health Access Centre

Call the Service Navigator at 578-4801 for
details





BRANDON REGIONAL HEALTH AUTHORITY

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7th ANNUAL FESTIVE OPEN HOUSE

When: Dec. 20th 3:30—6 pm

Join Us for
FREE Turkey on a Bun

Where: 7th Street Health



CHRISTMAS SAFETY TIPS

- * never use lit candles on your tree
- * turn off all tree & other decoration lights before you leave or go to bed
- * do not use cords that are frayed, cracked, broken, bare or have loose connections
- * if you have a real tree, water it daily so it does not dry out and become a fire hazard
- * place glass or sharp tree ornaments higher on tree out of reach from small children

WESTMAN & AREA TRADITIONAL CHRISTMAS DINNER DECEMBER 25 ONLY 12- 6 P.M

**Rides are available.
Watch for Bus Routes Posted
For Pick Up Spots.**

**If You are Unable to Attend &
Would like a Meal Delivered,
CALL 728.7987**

